

# Aging Division

## Wyoming Department of Health

### Information and Education Bulletin

Subject: **Create an emergency kit and emergency plan for your family – Information for Older Adults**

Emergencies, both natural and man-made, can happen at any time without warning. You will be better prepared to survive an emergency if you think ahead. An emergency preparedness kit and an emergency plan can be your lifelines in the event of an emergency.

When putting your kit together, think first about the basics of survival: fresh water, food, clean air, and warmth. Recommended items include fresh drinking water, nonperishable food, battery-powered radio, flashlight, first aid kit, whistle to signal for help, dust mask and plastic sheeting and duct tape to filter contaminated air, personal hygiene items, local maps, and extra batteries. Don't forget to pack a couple of complete changes of clothes as well as blankets. You may also want to pack cash and credit cards, extra medication, eyeglasses, important family documents, and other important personal items.

Also make sure you have an emergency plan. Your family may not be together when disaster strikes, so it is important to plan in advance how you will contact one another; how you will get back together; and what you will do in different situations. In an emergency, it may be easier to make a long-distance call than a local call, so you may want to designate an out-of-town contact to communicate among family members.

Find out what kinds of disasters, both natural and man-made, are most likely to occur in your area and how you will be notified. Methods of getting your attention vary from community to community, and include radio, television, and public alert systems. Also, talk to your neighbors about how you can work together in the event of an emergency.

Want to learn more about how you can be prepared? View the Administration on Aging's Emergency Preparedness and Response resources at

[http://www.aoa.gov/aoaroot/Preparedness/Resources\\_Individuals/index.aspx](http://www.aoa.gov/aoaroot/Preparedness/Resources_Individuals/index.aspx) or visit [Ready.gov](http://Ready.gov).